

# Yucatecan Shredded Steak Salad aka Dzik de Res

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Recipe source: Rick Bayless's [Fiesta at Rick's cookbook](#)



## **INGREDIENTS:**

- 1 pound well-trimmed skirt steak, trimmed of any surface fat and cut into 3-inch sections
- 2 garlic cloves, peeled and quartered
- 1 small red onion, thinly sliced
- Salt
- 4 large radishes, cut into matchsticks or thinly sliced
- 1 fresh habanero chile, stemmed, seeded and finely chopped
- 2-3 tablespoons (loosely packed) chopped fresh cilantro *COOK'S NOTE: We eliminated the cilantro due to diner's preferences. Should have added chopped flat parsley instead.*
- 6 tablespoons sour orange or lime juice
- 1 romaine heart
- 1 ripe avocado, pitted flesh scooped from the skin and cut into ¼-inch cubes

## **DIRECTIONS:**

- Cook the meat. In a large (4-quart) saucepan, bring 6 cups of water to a boil. Add the meat. When the water has returned to a brisk simmer, skim off any grayish foam that rises to the top. Add the garlic, half of the onion and 1 teaspoon of salt. Simmer over medium to medium-low heat for an hour or so, until the meat is fall-apart tender. If there is time, let it cool in the broth. Drain and discard all but the meat. Shred into coarse strands.
- Finish the dzik/salad. In a medium bowl combine the meat with the remaining half of the onion, the radishes, habanero, cilantro (or parsley), sour orange or lime juice, and a generous 1 teaspoon salt. Cover and refrigerate for 30 minutes or so for the flavors to blend.
- To serve, arrange lettuce leaves on a platter. Top each leaf with a small scoop of the beef salad and a little scattering of diced avocado. Gather the lettuce leaf around the filling, take a bite and enjoy!